



American Heart Association.

Healthy for Good™

POWER UP TO MOVE MORE

Do you have trouble staying energized for your post-workday workout? We feel you! Try these tips to keep your energy going strong so you can move more.



Hydrate: Drink water throughout the day and especially before, during and after physical activity.



Fuel up: Snack on healthy carbs, such as vegetables, fruits and whole grains, when your energy is starting to lag.



Fight fatigue: Alternate sitting and standing during the day. Wear comfy shoes you can easily walk in to keep your legs and feet feeling fine.



Refresh: Try stress-relieving activity breaks, such as lunchtime walks, meditation and yoga to rejuvenate and refresh anytime.



Breathe: Practice breathing deeply by inhaling through your nose and exhaling through your mouth slowly to deliberately send more oxygen to your brain and body.



Eat for energy: Avoid eating saturated fats. They digest slowly and can take away oxygen and energy-delivering blood from your muscles.



Don't wait: Make it a habit to go right from work or school to your workout or activity. If you stop at home, you may be tempted to skip it.



Refuel: Refuel after your workout with lean protein, healthy carbs — such as a turkey sandwich on whole grain bread — and plenty of water so your body can recover more quickly.



EAT SMART MOVE MORE BE WELL

Find more ways to be Healthy for Good at
heart.org/HealthyForGood.